



Memorandum

Date: APR 26 2004

From: Interdisciplinary Scientist/Pharmacist, Division of Dietary Supplement Programs
Office of Nutritional Products, Labeling and Dietary Supplements, HFS-810

Subject: 75-Day Premarket Notification of New Dietary Ingredients

To: Dockets Management Branch, HFA-305

Subject of the Notification: Essence of Mulberry

Firm: Seven Tortoise Co., Ltd.

Date Received by FDA: 1/23/04

90-Day Date: 4/21/04

In accordance with the requirements of section 413(a) of the Federal Food, Drug, and Cosmetic Act, the attached 75-day premarket notification and related correspondence for the aforementioned substance should be placed on public display in docket number 95S-0316 as soon possible since it is past the 90-day date. Thank you for your assistance.

Gloria Cheng

955-0316

RPT 231



Food and Drug Administration
5100 Paint Branch Parkway
College Park, Maryland 20740

APR - 6 2004

David S.W. Fang
Attorney at Law
Union Bank Building
17800 Castleton Street, Suite 168
City of Industry, California 91748

Dear Mr. Fang:

This is to inform you that the notification, dated December 12, 2003, you submitted on behalf of your client, Seven Tortoise Co., Ltd., pursuant to 21 U.S.C. 350b(a)(2)(section 413(a)(2) of the Federal Food, Drug, and Cosmetic Act (the Act)) was filed by the Food and Drug Administration (FDA) on January 23, 2004. Your notification concerns the substance called "Essence of Mulberry" or "Mulberry Dietary Supplement," under the trade name "Essence of Mulberry 8 & 8" that you intend to market as a new dietary ingredient.

According to the notification, under conditions of use, you recommend the following: 1 capsule per day, amount per serving is 15 grams (g), weight per capsule is 15 g, servings per package:6, maximum dosage: 1 capsule per day, and duration of product use: 1 year. You state that the text for Structure/Function statement is "This formula helps your healthy metabolism, enhances your energy. This statement has not been evaluated by FDA, this product is not intended to diagnose, treat, cure, and prevent any disease."

Under 21 U.S.C. 350b(a), the manufacturer or distributor of a dietary supplement containing a new dietary ingredient that has not been present in the food supply as an article used for food in a form in which the food has not been chemically altered must submit to FDA, at least 75 days before the dietary ingredient is introduced or delivered for introduction into interstate commerce, information that is the basis on which the manufacturer or distributor has concluded that a dietary supplement containing such new dietary ingredient will reasonably be expected to be safe. FDA reviews this information to determine whether it provides an adequate basis for such a conclusion. Under section 350b(a)(2), there must be a history of use or other evidence of safety establishing that the new dietary ingredient, when used under the conditions recommended or suggested in the labeling of the dietary supplement, will reasonably be expected to be safe. If this requirement is not met, the dietary supplement is considered to be adulterated under 21 U.S.C. 342(f)(1)(B) because there is inadequate information to provide reasonable assurance that the new dietary ingredient does not present a significant or unreasonable risk of illness or injury.

Federal regulations found at 21 CFR 190.6 specify the requirements for a pre-market notification on a new dietary ingredient. The notification you sent us concerning your new dietary ingredient, "Essence of Mulberry" or "Mulberry Dietary Supplement," does not comply with the requirements of 21 CFR 190.6 and is incomplete.

Your notification did not clearly identify the new dietary ingredient contained in the dietary supplement. Your notification did not include the correct Latin binomial and the author for each of the new dietary ingredient(s) in your product.

The notification refers to the "Active Ingredient Formula," and states that the total amount of mulberry is 9 grams. However, you state that the total amount per serving for the mulberry leaf, mulberry root, mulberry fruit and mulberry twig is 6 grams for a total amount of 15 grams. In addition, you state that amount per serving and the weight of each capsule is 15 grams. Moreover, the term "% Daily value" is not clearly described.

The notification includes general commentaries on the functional effects of some of the components of your product and general information on preparations not contained in your product. None of the general information addresses the safety of the specific ingredients contained in your product.

It is unclear how the history of use information you submitted in your notifications relates to your substance. You include as evidence of history of use, excerpts from references to an English translation of a "Compendium of Materia Medica" which you state describes the Chinese medicinal use of the root, bark, leaf, branch, and dried fruit of mulberry. The reference lacks details on the amount, frequency and duration of use and whether the plant part and preparation used are the same as what you intend to market as a dietary supplement. Without these details, it is not possible for FDA to determine how this information relates to your product.

FDA is unable to determine whether the notification provides an adequate basis for conclusion that the dietary supplement will reasonably be expected to be safe because the information you have provided is incomplete. If you market your product without submitting a new notification that meets the requirements of 21 CFR 190.6 or market your product less than 75 days after submitting such a notification, your product is considered adulterated under 21 U.S.C. 342(f)(1)(B) as a dietary supplement that contains a new dietary ingredient for which there is inadequate information to provide reasonable assurance that such ingredient does not present a significant or unreasonable risk of illness or injury. Introduction of such a product into interstate commerce is prohibited under 21 U.S.C. 331(a) and (v).

Your notification will be kept confidential for 90 days after the filing date of January 23, 2004. After the 90-day date, the notification will be placed on public display at FDA's Division of Docket Management in docket number 95S-0316. Prior to that date, you may wish to identify in writing specifically what information that you believe is proprietary, trade secret or otherwise confidential for FDA's consideration.

Page -3- David S.W. Fang

If you have any questions concerning this matter, please contact Victoria Lutwak at (301) 436-2375.

Sincerely yours,

A handwritten signature in cursive script that reads "Linda S. Pellicore".

for

Susan J. Walker, M.D.

Director

Division of Dietary Supplement Programs

Office of Nutritional Products, Labeling

and Dietary Supplements

Center for Food Safety

and Applied Nutrition

LAW OFFICES OF
DAVID S.W. FANG
A PROFESSIONAL LAW CORP.

UNION BANK BUILDING
17800 CASTLETON STREET, SUITE 168
CITY OF INDUSTRY, CALIFORNIA 91748
TELEPHONE: (626) 854-5787
FACSIMILE: (626) 854-5785
E-Mail: dswfang@gus.net

CERTIFIED MAIL and RETURNED RECEIPT REQUESTED

January 16, 2004

AB/KDA

Attn: Vickey Lutwak
Director of Dietary Supplements Programs
Office of Nutritional Products, Labeling and Dietary Supplements (HFS-820)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

Re: 75 days Pre-Market Notification for Statement on Dietary Supplement Products-
Essence of Mulberry

Dear Vickey:

Per telephone conversation with you on December 17, 2003, we hereby re-submit the documents amended by client(s) for FDA application.

Attached please find the amended Statement for FDA application and related evidence in duplicate.

Please contact this office if you have any questions regarding this matter.

Sincerely,



Wendy Yang
Paralegal

87065

LAW OFFICES OF
DAVID S.W. FANG
A PROFESSIONAL LAW CORP.

UNION BANK BUILDING
17800 CASTLETON STREET, SUITE 168
CITY OF INDUSTRY, CALIFORNIA 91748
TELEPHONE: (626) 854-5787
FACSIMILE: (626) 854-5785
E-Mail: dswfang@gus.net

December 12, 2003

Division of Standards and Labeling Regulations
Office of Nutritional Products, Labeling and Dietary Supplement
FDA
5100 Paint Branch Parkway
College Park, MD 20740-3835

DB/FDA

RE: Filing of the Pre-Market Notification for Statement on
Dietary Supplement Product-Essence of Mulberry

Dear Sir/Madam:

This office has been retained by Seven Tortoise Co., Ltd. to file the pre-market notification on an imported new upcoming herbal product-"Essence of Mulberry 8 & 8" from Seven Tortoise Co. Ltd. of Taiwan. Enclosed please find the documents as follows:

- 1) Statement for filing of the pre-market notification from Seven Tortoise Co., Ltd.;
- 2) Authorization letter from Seven Tortoise Co., Ltd.;
- 3) Copy of the lab certificate dated July 21, 2003 and July 18, 2003;
- 4) Chinese documents with the English translation of the historical usage of "Essence of Mulberry"
- 5) Other supporting documents.

Please do not hesitate to contact this office if you have any questions regarding this matter. Thank you.

Sincerely,

David S.W. Fang

David S.W. Fang
Attorney at Law

Encloures

37065

SEVEN TORTOISE CO., LTD.

**801, 9F, No. 82
Wu Fu 3rd Road
Kaoshiung, Taiwan**

Tel : (886)-7-251-7181 Fax: (886)-7-251-1008

Department of Health and Human Services
FDA
Cosmetic Manufacturing Establishment Data
Processing
Office of Cosmetics and Colors (HFS-106)
5100 Paint Branch Parkway
College Park, MD 20740-3835

November 25, 2003

To whom it may concern,

This is to authorize our consultant, Law Offices of David S.W. Fang to handle all the FDA registration and regulation compliance for our company. The address of Law Offices of David S.W. Fang is as follows:

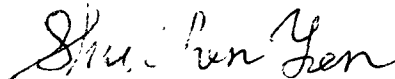
Law Offices of David S.W. Fang
17800 Castleton Street, Suite 168
City of Industry, Ca 91748

Tel: (626) 854-5787 Fax : (626) 854-5785
Email: dswfang@gus.net

Please send any future correspondence directly to Law Offices of David S.W. Fang

Thank you.

Sincerely



Yen Shu Chen
General Manager of
Seven Tortoise Co., Ltd.

CERTIFIED MAIL and RETURNED RECEIPT REQUEST

December 18, 2003

Division of Standards and Labeling Regulations
Office of Nutritional Products, Labeling and Dietary Supplement
FDA
5100 Paint Branch Parkway
College Park, MD 20740-3835

**Re: 75 days Pre-Market Notification for Statement on Dietary Supplement
Product – Essence of Mulberry**

Dear FDA officers:

We are enclosing all the required documents for the filing of the pre-market notification on an imported new upcoming herbal product – “Essence of Mulberry 8 & 8” from Seven Tortoise Co. Ltd. of Taiwan.

1. Statement of Purpose

This is a letter to provide notification of a statement of nutritional support, including the ingredient statement, per serving / dosage information, supplement fact, new dietary supplement usage history, and safety data, inspection (by Taiwanese government) and chemical analysis reports (some are translated documents), the text for structure / function statement, and product food safety compliance information.

2. Company information:

Seven Tortoise Co., Ltd.
801, 9F NO82,
Wu Fu 3rd Rd.
Kaoshiung, Taiwan Tel: 886-7-251-7181 Fax: 886-7-251-1008

3. FDA Consultant / Attorney information:

Law Offices of David S.W. Fang
17800 Castleton Street, Ste 168
City of Industry, Ca 91748 Tel: (626) 854-5787 Fax: (626) 854-5785

4. Product Identification:

The product is in liquid form aseptically packed in plastic container.

The trade name of the product is "Essence of Mulberry 8 & 8". The common and usual name for the product: "Essence of Mulberry" or "Mulberry Dietary Supplement"

5. Active ingredient: Mulberry root, mulberry leaf, mulberry twig, and mulberry fruit.

6. Supplement Facts:

Serving size : 1 capsule per day

Amount per serving: 15 g

Weight per capsule: 15 g

Serving per package: 6

Maximum dosage: 1 capsule per day.

Duration of product use: 1 year.

7. Active Ingredient Formula :

	<u>Amt per serving</u>	<u>% Daily value</u>
Total amount of Mulberry	9 grams	60%
mulberry leaf	2.2 grams	15%
mulberry root	1.5 grams	10%
mulberry fruit	1.2 grams	8%
Mulberry twig	1.1 grams	7%

Total	15 grams	100%
Total % (weight/weight) of active ingredient in finished product: 100%.		

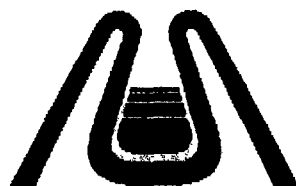
8. The Text for Structure / Function statement:

This formula helps your healthy metabolism, enhances your energy.

This statement has not been evaluated by FDA, this product is not intended to diagnose, treat, cure, and prevent any disease.

9. New Dietary Supplement Ingredients in "Essence of Mulberry 8&8"

Common Name	Latin Binominal name
Mulberry root	Cortex mori
Mulberry leaf	Folium mori
Mulberry twig	Ramulus mori
Mulberry fruit	Fructus mori



Our Experience Is Your Protection

Michelson Laboratories, Inc.

6280 Chalet Drive, Commerce, California 90040-3761 Telephone: (562) 928-0553 / FAX (562) 927-6625

LABORATORY CERTIFICATE

Submitted By: NEW CENTURY CO.
3392 FALCON RIDGE RD.
DIAMOND BAR, CA 91785
Attn: DANIEL HSU

Date: 07/23/2003
Lab No.: 072103-616815
Report No.: 072103-616815A
Order No.:
Received: 7/21/03
Page: 1 of 1

REPORT #	PRODUCT / TEST	METHOD	RESULT	UNITS	START:DT
072103-616815-01	Product : ESSENCE OF MULBERRY				
	WATER ACTIVITY	AOAC 978.18	0.68		7/22/03
	PH	AOAC 16TH ED. 979.31	2.11		7/22/03

MICHELSON LABORATORIES, INC.

Linda M. Heston 7/23/03



Our Experience Is Your Protection

Michelson Laboratories, Inc.

6280 Chalet Drive, Commerce, California 90040-3761 Telephone: (562) 928-0553 / FAX (562) 927-6625

LABORATORY CERTIFICATE

Submitted By: NEW CENTURY CO.
3392 FALCON RIDGE RD.
DIAMOND BAR, CA 91765
Attn: DAVID HSU

Date: 07/21/2003
Lab No.: 071803-263391
Report No.: 071803-263391A
Order No.:
Received: 7/18/2003
Page: 1 of 1

REPORT #	PRODUCT / TEST	METHOD	RESULT	UNITS	START:DT
071803-263391-01	Product : ESSENCE OF MULBERRY 8 & 8 07/02/03				
	STANDARD PLATE COUNT SPC	FDA(BAM)CH.3	< 10	/gm	7/18/2003
	ANAEROBIC BACTERIA COUNT	COM ED.4 CH.6	< 10	/gm	7/18/2003

MICHELSON LABORATORIES, INC.


Stacy Trimboli, Microbiology Manager

7/21/2003 11:41:46 AM



Asian Link Corporation

A Member of American Translators Association

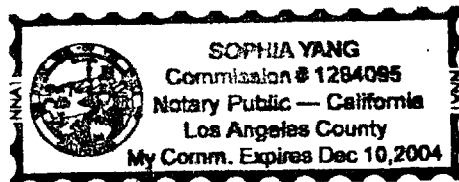
AFFIDAVIT OF TRANSLATION OF FOREIGN DOCUMENT

State of California)
County of Los Angeles) SS.

The undersigned, being duly sworn, depose and say: that I am familiar and competent with both the Chinese language and the English language; that I have read and translated the attached documents, and certify that the translation of said document into English is a complete and accurate translation to the best of my knowledge.

Translator: Chung M. Lin

Subscribed and sworn to before me
this 7 day of July, 2003,
in Los Angeles, California.

Notary Public

Volume 36 under Wood Radical of Ben Cao Gang Mu (Compendium of Materia Medica)

Wood III (Brush woods)

Mulberry (Herbal Classic)

(I) Cortex Mori

(Current Name: Root Bark of White Mulberry)

[Compendium] There are several kinds of mulberries. White mulberry has thick palm-sized leaves; *morus australis* has thin flowery leaves; *morus seed* grows fruit before it grows any leaf; *morus bombycis* has long and pointed leaves. The mulberry is better mound layered than planted with the seed. Gold Mulberry is mulberry covered with yellow coat, and will surely turn withered.

[Medicinal] The root bark is the dried bark of *morus alba* L. The compendium records that the gray ashes resulted from burning of the white sap and the wood bark can be used as medicine, though such medicine is not used any longer. It was originally recorded that, "The white sap in the bark can be applied to cure bites by snakes, centipedes, and spiders. The ashes of mulberry are pungent in taste, cold in nature, and a bit poisonous. Liquid extracted from steaming the bark, when combined with equal amount of squatarola, can get rid of moles, flecks, and sloughs. It removes water-swelling when eaten with boiled red bean. It stanches bleeding and enhances muscle growth when applied on incised wounds. The mulberry frost cures choking and blockings."

It is mainly produced in Henan, Anhui, Sichuan, Hunan, Hebei, and Guangdong. It is also produced in Shandong, Hubei, Fujian, Jiangxi, Guangxi, Yunnan, Guizhou, Shanxi, Shanxi, Qinghai, Xinjiang, Inner Mongolia, Gansu, and Liaoning, etc..

[Main Functions and Usage] It purges the liver of pathogenic fire and relieves asthma, clears damp and eliminates swelling. It can be used to cure lung heat, asthma, hematemesis, water-swelling, athlete's foot, and difficult urination.

[Main Chemical Composition] The root bark contains four kinds of flavone derivatives, betulinic acid, α - and β -amyrin, nepthia, sitosterol, as well as coumarone compound, *anisodus luridus*, and umbelliferone.

(II) Folium Mori

(Current Name: Mulberry Leaf)

[Compendium] Refer to [(I) Cortex Mori] for details.

[Medicinal] The folium mori is the dried leaf of *morus alba* L.. It is produced in the majority areas of China.

[Main Functions and Usage] It dispels wind and removes heat, cools blood and removes nebula. It can be used to cure wind-warm syndrome and fever, headache, hot eyes, thirsty, lung heat and cough, wandering arthritis, urticaria, and lower limb swelling.

[Main Chemical Composition] The leave contains rutin sophorin, quercetin, quercitrin, quercetin- β -triglucoside, trace β -sitosterol, β -D-glucoside, lupeoli, meso-inosite, volatile oil, vitamins, alkaloid, and trace elements.

(III) Ramulus Mori (Current Name: Mulberry Branch)

[Compendium] Refer to [(I) Cortex Mori] for details.

[Medicinal] The ramulus mori is the dried branch of morus alba L.. It is produced in the majority areas of China.

[Main Functions and Effects] It dispels rheumatism, strengthens joints, clears damp and promotes diuresis. It can be used to cure wind chill and arthritis with fixed pain caused by dampness, limbs stiffness, athlete's foot, general edema, and pruritus.

[Main Chemical Composition] The branch contains tannins and saccharides.

(IV) Morum (Current Name: Mulberry Sorosis)

[Compendium] Refer to [(I) Cortex Mori] for details.

[Medicinal] The ramulus mori is the dried fruit of morus alba L.. It is produced in the majority areas of China.

[Main Functions and Effects] It tonifies liver, reinforces kidney, dispels wind, and nourishes blood. It can be used to cure deficiency of liver-yin and kidney-yin, frequent drinking and urination, astriction, dizziness, ringing ears, scrofula, and arthritis.

[Main Chemical Composition] The spike contains saccharides, tannic acid, malic acid, vitamins, carotenes, and delspray.

本草綱目木部第三十六卷

木之三(灌木類)

桑 (本經)

(一) 桑根白皮

CORTEX MORI

(現今名：桑白皮)

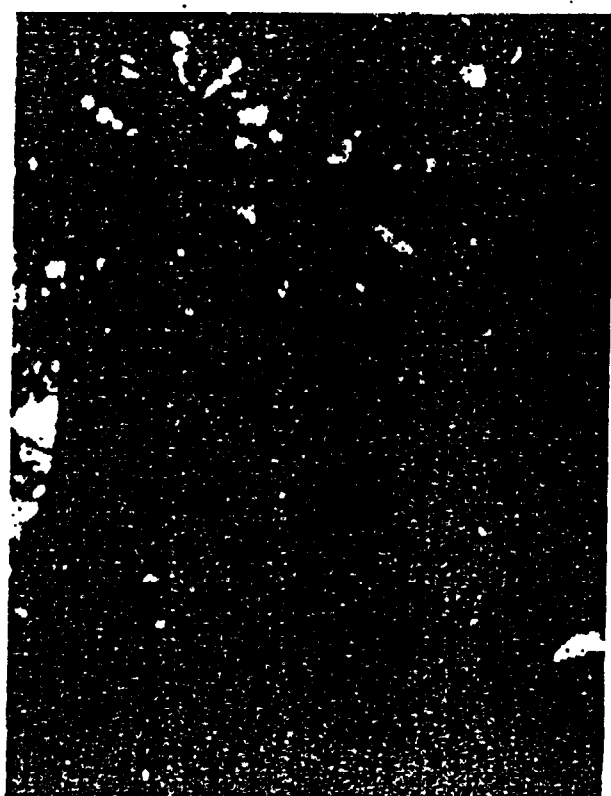
〔綱目〕桑有數種：有白桑，葉大如掌而厚；雞桑，葉花而薄；子桑，先椹而後葉；山桑，葉尖而長。以子種者，不若壓條而分者。桑生黃衣，謂之金桑，其木必將槁矣。

〔藥圖〕爲桑科植物，桑 *Morus alba* L. 的乾燥根皮。綱目載其樹皮中的白色液汁、木材所燒成的灰霜亦入藥，現今未用。原記載爲：皮中白汁，墜蛇、蜈蚣、蜘蛛傷，桑柴灰：辛，寒，有小毒。蒸淋取汁爲煎，與冬灰等分，同滅患疵黑子，蝕惡肉。煮小豆食，大下水脹。敷金瘡，止血生肌（蘇恭）。桑霜：治噎食積塊。

主產河南、安徽、四川、湖南、河北、廣東。此外，山東、湖北、福建、江西、廣西、雲南、貴州、陝西、山西、青海、新疆、內蒙古、甘肅、遼寧等地亦產。

〔功用和主治〕瀉肺平喘，行水消腫。用於肺熱喘咳，吐血，水腫，腳氣，小便不利。

〔主要化學成分〕根皮含四種黃酮類衍生物，樺皮酸， α -及 β -香樹精，揮發油，穀甾醇。還含香豆素化合物，東莨菪素，傘形花內酯。



本草綱目彩色藥圖

木部第三十六卷

(二) 桑葉
FOLIUM MORI
(現今名：桑 葉)

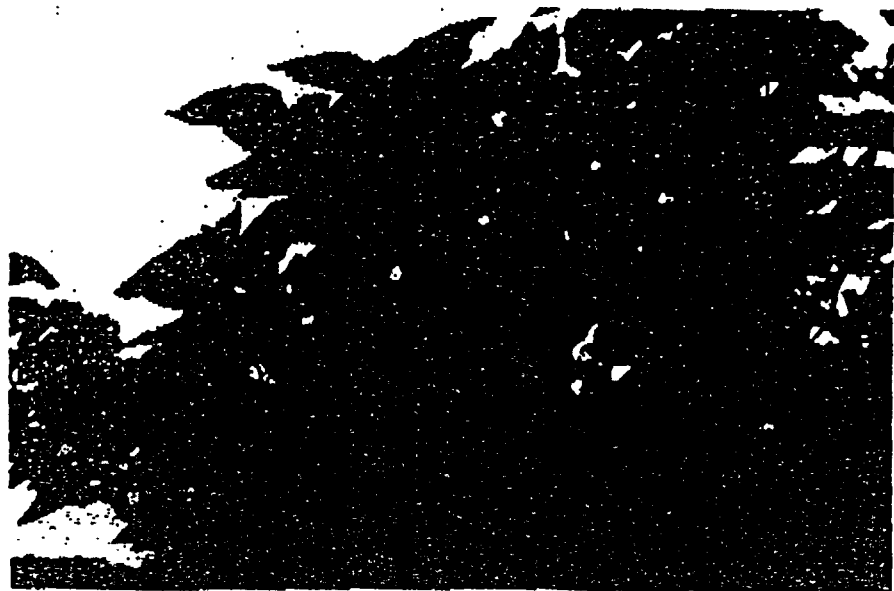
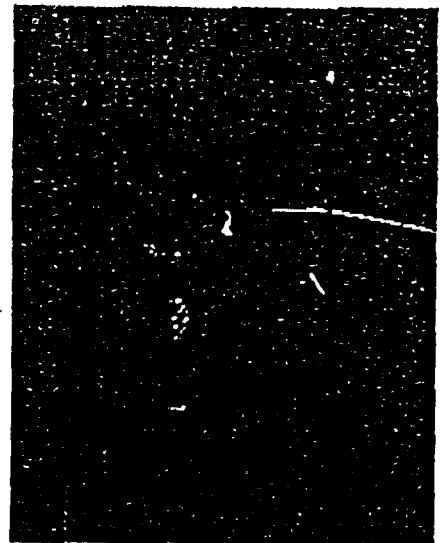
〔綱目〕詳見「(一)桑白皮」。

〔藥圖〕爲桑科植物，桑 *Morus alba* L. 的乾燥葉。

中國大部分地區有產。

〔功用和主治〕疏風清熱，涼血明目。用於風溫發熱，頭痛，目赤，口渴，肺熱咳嗽，風痹，癰疹，下肢象皮腫。

〔主要化學成分〕葉含芸香甙、槲皮素、異槲皮甙、槲皮素-3-三葡萄糖甙、微量的 β -穀甾醇、 β -D-葡萄糖甙、蛇麻酯醇、內消旋肌醇、揮發油、維生素、生物鹼、微量元素。



(三) 桑枝 RAMULUS MORI

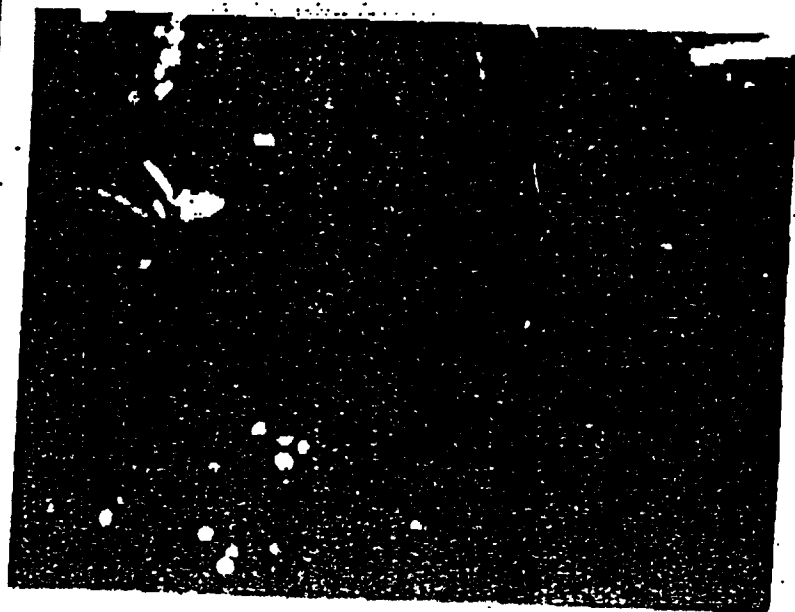
(現今名：桑 枝)

〔綱目〕詳見「(一)桑白皮」。

〔藥圖〕爲桑科植物，桑 *Morus alba* L. 的乾燥嫩枝，中國大部分地區有產。

〔功用和主治〕祛風濕，利關節，行水氣。用於風寒濕痺，四肢拘攣，腳氣浮腫，肌體風癢。

〔主要化學成分〕枝含鞣質、糖類。



(四) 桑椹

MORUM

(現今名：桑 椹)

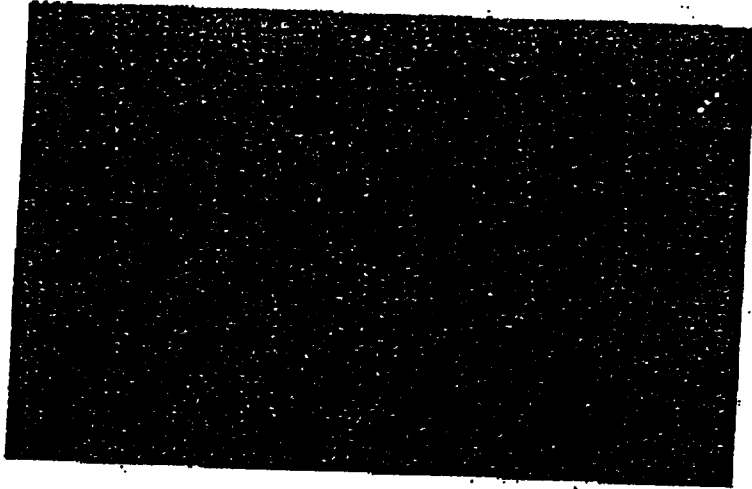
〔綱目〕詳見「(一) 桑白皮」。

〔藥圖〕為桑科植物，桑 *Morus alba* L. 的乾燥果穗。

中國大部分地區有產。

〔功用和主治〕補肝、益腎、息風、滋液。用於肝腎陰虧，消渴，便秘，目暗，耳鳴，瘰癧，關節不利。

〔主要化學成分〕果穗含糖、鞣酸、蘋果酸、維生素、胡蘿蔔素、脂肪酸。



本草綱目卷之六

木部第八十六卷

0,2004

WWW.pharmcast.com/patents/Yr2001/Feb2001/020601/6183749-Hair

Pharmaceutical Patents

growth020601.htm

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Title: Dietary supplement containing herbal extracts which promotes healthy hair growth on the scalp

United States Patent: 6,183,749

(Fructus Mori')

Inventors: Park; Cliff Jae Bum (1037 S. Elden Ave., Los Angeles, CA 90006)

Appl. No.: 507489

Filed: February 17, 2000

Abstract

A composition of a dietary supplement comprising MAMMALIA PLACENTA prepared from the placenta of a mammal, FRUCTUS LIGUSTRI LUCIDI, SALVIAE MILTIORRHIZAE, PAEONIAE RUBRA, CINNAMOMI CASSIAE, MOUTAN RADICIS, and ALISMATIS PLANTAGO-AQUATICA. For increased benefit, the dietary supplement further comprising POLYGONI MULTIFLORI, FRUCTUS LYCII CHINENSIS, FRUCTUS MORI ALBAE, VACCARIAE SEGETALIS, PLATICODI GRANDIFLORI, COICIS LACHRYMA-JOBI, and ARTEMESIAE CAPILLARIS. The dietary supplement is for oral ingestion and can be prepared in the form of a tablet, capsule, powder or syrup.

DESCRIPTION OF THE PREFERRED EMBODIMENT

In the preferred embodiment, the composition of the present invention is a dietary supplement which comprises MAMMALIA PLACENTA prepared from the placenta of a mammal, FRUCTUS LIGUSTRI LUCIDI, SALVIAE MILTIORRHIZAE, PAEONIAE RUBRA, CINNAMOMI CASSIAE, MOUTAN RADICIS, and ALISMATIS PLANTAGO-AQUATICA. For increased benefit, the dietary supplement can further comprise POLYGONI MULTIFLORI, FRUCTUS LYCII CHINENSIS, FRUCTUS MORI ALBAE, VACCARIAE SEGETALIS, PLATICODI GRANDIFLORI, COICIS LACHRYMA-JOBI, and ARTEMESIAE CAPILLARIS. The extract of each of the above identified herbs is prepared and decocted by traditional procedures known in the art which includes boiling, filtering, and forming concentrates.

To form the composition of the present invention the extracted concentrate of each herb is mixed according to the following measurements: four to sixteen weight parts HOMINIS PLACENTA, five to fourteen weight parts FRUCTUS LIGUSTRI LUCIDI, four to ten weight parts SALVIAE MILTIORRHIZAE, four



to ten weight parts PAEONIAE RUBRA, three to ten weight parts CINNAMOMI CASSIAE, two to eight weight parts MOUTAN RADICIS, and four to twelve weight parts of ALISMATIS PLANTAGO-AQUATICA. The preferred quantity of each concentrate is eleven parts HOMINIS PLACENTA, nine weight parts FRUCTUS LIGUSTRI LUCIDI, eight weight parts SALVIAE MILTIORRHIZAE, seven weight parts PAEONIAE RUBRA, five weight parts CINNAMOMI CASSIAE, five weight parts MOUTAN RADICIS, and seven weight parts of ALISMATIS PLANTAGO-AQUATICA.

When the extracted concentrates of the additional herbs are added for increased benefit, they are added according to the following measurements: five to twelve weight parts POLYGONI MULTIFLORI, five to twelve weight parts FRUCTUS LYCII CHINENSIS, four to ten weight parts FRUCTUS MORI ALBAE, four to ten weight parts VACCARIAE SEGETALIS, two to eight weight parts PLATICODI GRANDIFLORI, five to ten weight parts COICIS LACHRYMA-JOBI, and three to eight weight parts ARTEMESIAE CAPILLARIS. The preferred quantity of each concentrate is ten weight parts POLYGONI MULTIFLORI, nine weight parts FRUCTUS LYCII CHINENSIS, five weight parts FRUCTUS MORI ALBAE, seven parts VACCARIAE SEGETALIS, four weight parts PLATICODI GRANDIFLORI, seven weight parts COICIS LACHRYMA-JOBI, and six weight parts ARTEMESIAE CAPILLARIS.

To achieve the highest efficacy, in the preferred embodiment, FRUCTUS LIGUSTRI LUDIDI is prepared from the plant *Ligustrum lucidum* Ait; SALVIAE MILTIORRHIZAE is prepared from the RADIX of the plant *Salvia miltiorrhiza* Bge; PAEONIAE RUBRA is prepared from the RADIX of at least one of the plant selected from the group consisting of *Paeonia obovata* Maxim, *Paeonia lactiflora* Pall, *Paeonia Japonica* Miyabe et Takeda and *Paeonia veitchii* Lynch; CINNAMOMI CASSIAE is prepared from the plant *Cinnamomum Cassia*; MOUTAN RADICIS is prepared from the CORTEX of the plant *Paeonia suffruticosa* Andr.; ALISMATIS PLANTAGO-AQUATICA is prepared from the RHIZOMA of at least one of the plant selected from the group consisting of *Alisma Plantago-aquatica* L.Var. *oriental* Samuels and *Alisma canaliculatum* All.Br. et Bouche; POLYGONI MULTIFLORI is prepared from the RADIX of the plant *Polygonum multiflorum* Thunb; FRUCTUS LYCII CHINENSIS is prepared from the plant *Lycium chinense* Mill; FRUCTUS MORI ALBAE is prepared from the plant *Mori Alba* L; VACCARIAE SEGETALIS is prepared from the SEMEN of the plant *Vaccariae segetalis* Garcke; PLATICODI GRANDIFLORI is prepared from the RADIX of the plant *Platycodon grandiflorum* A.DC.; COICIS LACIRYMA-JOBI is prepared from the SEMEN of the plant *Coix lachryma-Jobi*; and ARTEMESIAE CAPILLARIS is prepared from the HERBA of at least one of the plant selected from the group consisting of *Artemisia Capillaris* Thunb, *Artemisia scoparia* Waldst. Et Kitaib and *Artemisia iwayomogi* Kitamura.

The composition of the present invention is for ingestion in the form of a tablet, capsule, powder, or syrup. Conventionally known methods known in the art are used to prepare the composition in the different forms. The form in which the composition is prepared does not significantly affect its efficacy. The ideal daily total dosage is twelve to fifteen grams of the composition taken in three intervals of four to five grams. The composition should be taken daily on a regular basis to

obtain maximum benefits. An average of four to five weeks is minimally required to note improvement in hair quality and growth.

While a preferred embodiment of the invention has been described and illustrated for purposes of clarity and example, it should be understood that many changes, substitutions and modifications to the described embodiment will be apparent to those having skill in the art in light of the foregoing disclosure without departing from the scope and spirit of the present invention which is defined by the claim which will follow.

Claim 1 of 9 Claims

What is claimed is:

1. A dietary supplement comprising:

MAMMALIA PLACENTA, extracted from the placenta of a mammal;

FRUCTUS LIGUSTRI LUDIDI, prepared from an extract of the plant *Ligustrum lucidum*;

SALVIAE MILTIORHIZAE, prepared from an extract of the plant *Salvia miltiorrhiza* Bge;

PAEONIAE RUBRA, prepared from an extract of at least one plant selected from the group consisting of *Paeonia obovata* Maxim, *Paeonia lactiflora* Pall, *Paeonia Japonica* Miyabe et Takeda and *Paeonia veitchii* Lynch;

CINNAMOMI CASSIAE, prepared from an extract the plant *Cinnamomum Cassia*;

MOUTAN RADICIS, prepared from an extract of the plant *Paeonia suffruticosa* Andr., and

ALISMATIS PLANTAGO-AQUATICAE, is prepared from an extract of at least one plant selected from the group consisting of *Alisma Plantago-aquatica* L.Var. *oriental* Samuels and *Alisma canaliculatum* All.Br. et Bouche.

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Patent US 6,495,174 B1

HERBAL COMPOSITION FOR THE TREATMENT OF ALOPECIA

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Int. Cl.⁷A61K 35/78

U.S. Cl. 424—756

(Fructus Mori)

1 Claim

1. A pharmaceutical composition for the topical treatment of alopecia it in humans and animals, consisting essentially of effective quantities of alcoholic extracts of *Rhizoma zingiberis recens*, *Rhizoma pinelliae*, *Flos carthami*, *Radix rehmanniae*, *Radix angelicae sinesis*, *Radix paenoniae rubra*, *Cacumen biotae*, *Semen sesami nigrum*, *Radix polygoni multiflori*, *Fructus mori*, *Capsicum*, *Cantharidin*, and *Oleum ricini* in a pharmaceutical carrier.

(Fructus Mori)

Bai Zhu Rhizoma Atractylodis Macrocephalae
10 g

Che Qian Zi Semen Plantaginis 15–20 g,
decocted wrapped

Ze Xie Rhizoma Alismatis 10 g

Fang Ji Radix Stephaniae Tetrandrae 10 g

Zhu Ling Polyporus Umbellatus 10 g

Gui Zhi Ramulus Cinnamomi 4–5 g

Ma Bian Cao Herba Verbenae 15 g

for edema of the face and limbs, abdominal distension, ascites, and scanty urine. Take Qian Niu Zi Semen Pharbitidis 1–1.5 g and mole cricket 1–1.5 g, both in powdered form, 2–3 times daily for severe edema.

i Add:

Nan Sha Shen Radix Adenophorae 12 g

Huang Qin Radix Scutellariae 10 g

Sang Bai Pi Cortex Mori Radicis 10–15 g

Yu Xing Cao Herba Houttuyniae 30 g

Dai Ge San Indigo Naturalis and Cyclina

Powder 15 g, decocted wrapped

but remove Dang Shen Radix Codonopsis Pilosulae and Fu Zi Radix Aconiti Praeparata from the prescription for retention of Phlegm-Heat in the Lung with the symptoms of yellow sticky sputum, and yellow sticky tongue coating.

i Add:

Sheng Di Huang Radix Rehmanniae 12 g

Xian He Cao Herba Agrimoniae 10–15 g

Qian Cao Radix Rubiae 10–15 g

Ce Bai Ye Cacumen Biotae 10–15 g

Ou Jie Tan Nodus Nelumbinis Rhizomatis Carbonisata 10–15 g

Mu Dan Pi Cortex Moutan Radicis 10 g

E Jiao Colla Corii Asini 10 g

but remove Fu Zi Radix Aconiti Praeparata from the prescription for hemoptysis or expectoration of blood-tinged sputum.

ACUPUNCTURE TREATMENT

Acupuncture treatment of congestive heart failure

Treatment principle	Prescription	Additional points
Nourish Qi and Yin, warm Yang and activate Blood circulation by treating points on the Pericardium channel and Back-Shu and Front-Mu points with the even method	Xinshu (BL 15), Juque (REN 14), Neiguan (PC 6), Ximen (PC 4), Qihai (REN 6), Zusanli (ST 36)	i Add Chize (LU 5) and Fenglong (ST 40) for cough with profuse sputum i Tanzhong (REN 17) and Zhongwan (REN 12) for stuffiness in the chest, belching and abdominal distension i Apply moxibustion at Shuifen (REN 9) for ascites

EAR ACUPUNCTURE

Points: Heart, Pericardium, Sympathetic Nerve, Ear-Shenmen, Subcortex.

Method: Points are needled with mild stimulation. The needles are retained for 30 minutes. Treatment is given once daily; ten treatments comprise a course.

SIMPLE RECIPES

i Wan Nian Qing Gen Radix Rohdeae Japonicae (15–30 g, fresh) and Da Zao Fructus Ziziphi Jujubae (5–7 pieces) decocted and one packet taken daily.

i Bei Wu Jia Pi Cortex Periplocae Sepium Radicis

(3–10 g) taken in the form of a daily decoction; the maintenance dosage is 3 g daily.

i Cha Shu Gen Radix Camelliae Sinensis (30–60 g, fresh) decocted over gentle heat with water or both water and glutinous rice wine, and then taken before bedtime.

ANGINA PECTORIS

Angina pectoris refers to a symptom known as a paroxysmal feeling of crushing pressure and cramping pain behind the sternum or at the pre-

cordial region. It is most often linked to impaired circulation of blood in the coronary arteries, and falls into the TCM categories of real cardiac pain

separately with water, 2–3 times daily, for severe cardiac pain.

Treating the Ben

Liver and Kidney Yin deficiency

Clinical manifestations: dizziness, tinnitus, lumbar soreness, weakness of the legs, thirst, a red tongue, and a thready wiry pulse.

Principle of treatment. Tonify the Liver and Kidney.

Herbs

He Shou Wu Radix Polygoni Multiflori 15 g, treated
Sheng Di Huang or Shu Di Huang Radix
Rehmanniae or Radix Rehmanniae Praeparata 10–12 g
Bai Shao Radix Paeoniae Alba 10 g
Gou Qi Zi Fructus Lycii 10 g
Nu Zhen Zi Fructus Ligustri Lucidi 10 g
Sang Ji Sheng Ramulus Loranthi 15 g

Additional herbs

i Add:

Tian Ma Rhizoma Gastrodiae 10 g
Ju Hua Flos Chrysanthemi 10 g
Bai Ji Li Fructus Tribuli 12 g
Gou Teng Ramulus Uncariae cum Uncis 15 g,
decocted later
Shi Jue Ming Concha Haliotidis 15–20 g,
decocted first
Xi Xian Cao Herba Siegesbeckiae 15 g

for Liver Yang rising with the symptoms of headache, dizziness and vertigo, numbness of the tongue and limbs, sensation of heat in the face, and a wiry pulse.

j Add Gui Ban Plastrum Testudinis 15 g, and Huang Qin Radix Scutellariae 10 g for pronounced fire due to deficiency of Yin with the symptoms of a sensation of heat in the palms, soles and chest, restlessness, nocturnal emission, and insomnia.

i Add:

Tai Zi Shen Radix Pseudostellariae 12 g
Mai Dong Radix Ophiopogonis 10 g
Wu Wei Zi Fructus Schizandrae 6–10 g
Yu Zhu Rhizoma Polygonati Odorati 12 g
Dang Gui Radix Angelica Sinensis 10 g
but remove Nu Zhen Zi Fructus Ligustri Lucidi,
Sang Ji Sheng Ramulus Loranthi, and Bai Shao

Radix Paeoniae Alba from the prescription for deficiency of Heart Yin with the symptoms of palpitations, shortness of breath, and a thready rapid pulse.

Deficiency of both the Heart and Spleen

Clinical manifestations: dizziness, blurring of vision, palpitations, shortness of breath, lassitude, insomnia, pale complexion, pale lips, a pale tongue, and a thready weak or irregular pulse.

Principle of treatment. Tonify the Heart and Spleen.

Formula. Variation of Gui Pi Tang Restore the Spleen Decoction.

Herbs

Huang Qi Radix Astragali seu Hedysari 10–15 g
Dan Shen Radix Codonopsis Pilosulae 10–15 g
Dang Gui Radix Angelica Sinensis 10 g
Yu Zhu Rhizoma Polygonati Odorati 12 g
Shu Di Radix Rehmanniae Praeparata 10 g or
Shou Wu Radix Polygoni Multiflori 15 g, treated
Wu Wei Zi Fructus Schizandrae 6–10 g
Bai Zhu Rhizoma Atractylodis Macrocephalae 10 g
Fu Ling Poria 12 g, cinnabaris treated or
Fu Shen Sclerotium Poriae Paradicis 12 g,
cinnabaris treated
Bai Zi Ren Semen Biotae 10 g or
Suan Zao Ren Semen Ziziphi Spinosae 10 g

Additional herbs

i Add Gui Zhi Ramulus Cinnamomi 5 g, and Zhi Gan Cao Radix Glycyrrhizae 5 g, treated, but remove Shu Di Radix Rehmanniae Praeparata from the prescription for deficiency of Yang with the symptoms of sweating, aversion to cold, and an irregular pulse.

j Add Yuan Zhi Radix Polygalae 6–10 g, and Ci Shi Magnetitum 15–20 g for pronounced palpitations.

Heart and Kidney Yang deficiency

Clinical manifestations: palpitations, shortness of breath, lassitude, aversion to cold, spontaneous sweating, lumbar soreness, weakness of the legs, nocturnal emission, a pale complexion, a pale or dark purple tongue with thin coating, and a deep thready weak pulse.

tion, and neurosis resulting from functional disturbance of the autonomic nervous system.

Principle of treatment. Nourish Yin, reduce Fire, soothe the Heart and calm the Mind.

Formula. Variation of Bu Xin Dan Tonify the Heart Pill.

Herbs

Tai Zi Shen Radix Pseudostellariae 10–15 g
 Mai Dong Radix Ophiopogonis 10–15 g
 Sheng Di Huang Radix Rehmanniae or Shu Di Huang Radix Rehmanniae Praeparata 10–15 g
 Dang Gui Radix Angelica Sinensis 10–15 g
 Yu Zhu Rhizoma Polygonati Odorati 10–15 g
 Dan Shen Radix Salviae Miltiorrhizae 12 g
 Wu Wei Zi Fructus Schizandrae 5–10 g
 Suan Zao Ren Semen Ziziphi Spinosae 10 g
 Bai Zi Ren Semen Biotae 10 g
 Ci Shi Magnetitum 20–30 g
 Mu Li Concha Ostreae 20–30 g
 Fu Shen Sclerotium Poriae Paradicis 10–15 g, cinnabaris treated.

Additional herbs

j Add Huang Lian Rhizoma Coptidis 2 g, and Zhi Zi Fructus Gardeniae 10 g, but remove Tai Zi Shen Radix Pseudostellariae from the prescription for hyperactivity of Heart Fire with the symptoms of restlessness, a sensation of heat in the chest, pronounced thirst, and a bitter taste in the mouth.

j Add:

Chi Shao Radix Paeoniae Rubra 10 g
 Hong Hua Flos Carthami 10 g
 Tao Ren Semen Persicae 10 g
 Yu Yin Tuber Curcumae 10 g

for a feeling of suffocation and pain in the chest, and a purple tongue.

Phlegm-Fire disturbing the Heart

Clinical manifestations: palpitations, fear, stuffiness in the chest, restlessness, dizziness, insomnia or nightmares, thirst, a bitter taste in the mouth, deep-yellow urine, constipation, a red tongue with yellow sticky coating, and a wiry rolling rapid pulse which may have missed beats.

This condition is present in arrhythmia result-

ing from cardiac neurosis, functional disturbance of the autonomic nerves, and hypertensive heart disease.

Principle of treatment. Clear Phlegm-Fire, soothe the Heart and calm the Mind.

Formula. Variation of Wen Dan Tang Warm the Gall Bladder Decoction.

Herbs

Ban Xia Rhizoma Pinelliae 10 g, Succus Bambusae treated
 Zhu Ru Caulis Bambusae in Taeniis 10 g
 Zhi Ke Fructus Aurantii 10 g
 Dan Nan Xing Rhizoma Arisaematis cum Felle Bovis 6 g
 Fu Shen Sclerotium Poriae Paradicis 12 g, cinnabaris treated
 Huang Lian Rhizoma Coptidis 3 g
 Zhi Zi Fructus Gardeniae 10 g
 Suan Zao Ren Semen Ziziphi Spinosae 10 g
 Yuan Zhi Radix Polygalae 6–10 g treated

Deficiency of Heart Yang (Qi)

Clinical manifestations: palpitations, shortness of breath, stuffiness in the chest, chest pain, dizziness, lassitude, aversion to cold, cold limbs, a pale complexion, a light red tongue, and a deep thready and weak or slow pulse which may have missed beats.

This condition is often present in bradyarrhythmia such as atrioventricular block, and sick sinus syndrome.

Principle of treatment. Warm Yang, benefit Qi, activate Blood circulation, and remove obstruction in vessels.

Formulae. Variation of Shen Fu Tang Ginseng and Prepared Aconite Decoction and Ma Huang Fu Zi Xi Xin Tang Ephedra, Asarum and Prepared Aconite Decoction.

Herbs

Dang Shen Radix Codonopsis Pilosulae 10–20 g
 Huang Qi Radix Astragali seu Hedysari 12–15 g
 Fu Zi Radix Aconiti Praeparata 6–10 g
 Gui Zhi Ramulus Cinnamomi 5–10 g
 Xi Xin Herba Asari 4–6 g
 Yin Yang Huo Herba Epimedii 10–15 g
 Xiang Fu Rhizoma Cyperi 10 g

earliest moxibustion with moxa sticks were seen in "Shou Yu Shen Fang" (Miraculous Prescriptions for longevity) in the 15 century and then developed into moxibustion with herbs. Different prescriptions were applied with herbs according to differentiation, including Lei's fire needle, Taiyi needle, three Qi Combining Bi needle, one-hundred hitting miraculous needle, Bi-treating fire needle and Yin-syndrome toxin removing needle, etc.

7. Tonic moxibustion: This paper proves that the ancient tonic moxibustion was used to prevent diseases, known as routine moxibustion, and to keep fit, including moxibustion at Shenque, Qihai, Guanyuan, Zusanli and Gaohuang, etc.

8. Crude herb moxibustion, hydro-moxibustion and internal moxibustion: Application of Cinnabar, ink or irritant herb at points is called crude herb moxibustion, which is first seen in "Jing Chu Sui Shi Ji", application of garlic juice at the back was known as hydro-moxibustion, which was first seen in "Li Yue Pian Wen" (a Rhymed Discourse on New Therapeutics); and swallow of a crude garlic with its both sides being cut was named internal moxibustion, which was first seen in "Ben Cao Shi Yi", (a supplement to herbs) written by Chen Cangqi.

9. Moxibustion apparatus mentioned in the literature: Since Western Jin Dynasty, some other materials had been first applied instead of moxibustion apparatus, and subsequently special moxibustion apparatus had been invented. Some apparatus investigated in this paper include earthen utensil, reed tube, copper cash, clay cash, moxibustion plate, bowl and small cup, etc.

Home	TCM Basics	TCM Diagnosis	TCM Treatment
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www.tdp.com/issue/202/Chinese-med-update.htm

(*Ramulus Mori*)

Chinese Medicine Update

by Bob Flaws, Dipl. Ac & CH, FNAAOM
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Chinese Medicine & Broken Bones

Many Westerners think that Chinese medicine is great for chronic, degenerative diseases for which modern Western medicine has no effective treatment but that when it comes to traumatology, Chinese medicine does not have much to offer. While it is true that certain traumatological and emergency conditions are best treated, at least initially, by Western medical services, Chinese medicine is itself a "full service" medicine, and Chinese medicine does have things it can offer Westerners even in the way of trauma and especially, post-trauma care. For instance, using a combination of internally administered and externally applied Chinese medicinals and other external treatments, such as acupuncture, massage, passive and active motion, and electro-magnetic therapies, doctors in the People's Republic of China routinely help fractured bones knit in 2/3 the length of time required by standard Western medical care.¹

Clinic of Traditional Chinese Medicine (II) published by the Shanghai University of Chinese Medicine Press is a Chinese-English clinical manual on what is referred to in Chinese medicine as *wai ke* or external medicine.² In Chinese medicine, the category of external medicine covers what in Western medicine would be called dermatology, orthopedics, and traumatology as well as a number of acute, often times surgical conditions, such as acute appendicitis. Among the types of fractures in this book, there are fracture of the clavicle, the neck of the humerus, the humeral shaft, supracondylar fracture of the humerus, fracture of the elbow, the radius, the ulna, the distal end of the radius, the scaphoid bone, the metacarpal-phalangeal bones, compression fracture of thoracolumbar vertebral bodies, fracture of the pelvis, neck of the femur, femoral shaft, patella, tibia, fibula, malleolus, and fracture of the foot bones. In every chapter on fractures in this clinical manual, Chinese medicinal prescriptions are given whose ingredients are differentially based on A) the stage of healing (whether early, middle, or late) and B) the specific bone broken or body part affected.

In general, Chinese medicinals during the early stage are most often selected for their ability to quicken the blood and dispel stasis, move the qi and stop pain, possibly assisted by clearing heat and dispersing swelling. During the middle stage, Chinese medicinals are commonly chosen which supplement the kidneys and strengthen the bones, quicken the blood and dispel stasis, while during the late stage, choice of medicinals is usually based on supplementing and boosting the qi and blood, soothing the sinews and quickening the network vessels. These treatment principles are mostly derived from the Chinese medical statements of fact that, 1) "The kidneys rule the bones," and 2) "If there is pain, there is no

free flow." In addition to these basic principles of managing the three stages of bone healing, Chinese medicinal formulas for fractures typically include different medicinals depending on the site of the break. For instance, Fructus Chaenomelis Lagenariae (*Mu Gua*) and Radix Achyranthis Bidentatae (*Niu Xi*) are commonly added to formulas for the treatment of fractures in the lower extremities, while medicinals such as Radix Ligustici Wallichii (*Chuan Xiong*) and Ramulus Mori Albi (*Sang Zhi*) are often used to guide the effects of other medicinals to the upper extremities.

Below is an abstract of a relatively recent Chinese study comparing Chinese and Western medicine in the treatment of fractured ribs. Its title is, "The Administration of Chinese Medicinals in the Treatment of 32 Cases of Fractured Ribs." It was written by Feng Ji-chen, and it appeared in *Zhe Jiang Zhong Yi Za Zhi* (*Zhejiang Journal of Chinese Medicine*), #5, 1993 on page 207. It only uses a two-stage division of early and late stages of healing.

This study compares the treatment of two groups of patients with fractured ribs. One group, labeled the treatment group, received Chinese medicinals. The other group did not. This group was called the comparison group. The group receiving Chinese medicinals was administered two separate formulas, one during the early stage of injury characterized by pain and soreness and another during the late or healing stage.

Early stage (pain & soreness)

Fu Yuan Huo Xue Tang Jia Jian (Return to the Origin & Quicken the Blood Decoction with Additions & Subtractions): Radix Bupleuri (*Chai Hu*), 10-15g, Fructus Meliae Toosendan (*Chuan Lian Zi*), 10-15g, Lumbricus (*Di Long*), 10-15g, Radix Angelicae Sinensis (*Dang Gui*), 12g, Radix Et Rhizoma Rhei (*Da Huang*), 5-10g, Flos Carthami Tinctorii (*Hong Hua*), 9-12g, Semen Pruni Persicae (*Tao Ren*), 9-12g, Radix Trichosanthis Kirlowii (*Tian Hua Fen*), 9-12g, Radix Gentianae Macrophyllae (*Qin Jiao*), 20g, uncooked Radix Astragali Membranacei (*Huang Qi*), 15-30g, Radix Pseudoginseng (*San Qi*, swallowed as a powder), 3g, Herba Asari Cum Radice (*Xi Xin*), 1-2g, and Radix Glycyrrhizae (*Gan Cao*), 4-6g. Dosage was adjusted based on constitution, age, degree of pain, and the course of illness. One *ji* of the above medicinals was taken daily until the chest pain ceased completely.

Late stage (healing stage)

Jie Gu Er Hao Fang (Bone Knitting Formula #2 with Additions): Radix Dipsaci (*Xu Duan*), 15g, Rhizoma Drynariae (*Gu Sui Bu*), 15g, Pyritum (*Zi Ran Tong*), 15-30g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 15-30g, and Rhizoma Curcumae (*Jiang Huang*), 9-12g. The doses within this prescription were adjusted based upon the patient's constitution and the integrity of the transportative and transformative functions of the middle warmer. One *ji* of the above medicinals was administered daily until the ends of the fracture had completely healed.

In the comparison group, the overall pain and soreness disappeared within 21 days. The pain and soreness with cough and expectoration disappeared within 36 days. And the bone break was healed within 45 days. In the group treated with the above Chinese medicinals, the overall pain and soreness disappeared within seven days. The pain and soreness with cough and expectoration disappeared within 20 days. And the bone break was healed within 30 days. Thus the broken ribs treated with Chinese medicine healed in 2/3 the time that it

took in the Western medicine group. Based on this and copious similar Chinese research, Westerners who have suffered a fracture which has been reduced and fixed (*i.e.*, casted) might want to consider seeing their local professional practitioner of Chinese medicine.

References

1. To the best of my knowledge, the standard of care in Western medicine for the management of simple, closed fractures is reduction followed by fixation through casting for typically six weeks.
2. *Clinic of Traditional Chinese Medicine (II)*, edited by Zhang En-qin, Shanghai University of Chinese Medicine Press, Shanghai, 1990

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Chinese herb database sorted by pinyin name

Pin Yin Name	Chinese Name	Latin Name	English Name
Rendongteng	忍冬藤	<i>Caulis Lonicerae</i>	Japanese Honeysuckle Stem
Renshen	人参	<i>Radix Ginseng</i>	Ginseng
Rongxu	榕须	<i>Radix Aerio Fici Microcarpae</i>	Smallfruit Fig Aerial Root
Roucongrong	肉苁蓉	<i>Herba Cistanches</i>	Desertliving Cistanche
Roudoukou	肉豆蔻	<i>Semen Myristicae</i>	Nutmeg
Rougui	肉桂	<i>Cortex Cinnamomi</i>	Cassia Bark
Rui ren	蕤仁	<i>Nux Prinsepiae</i>	Hedge Prinsepia Nut
Ruixianglangdu	瑞香狼毒	<i>Radix Stelleriae</i>	Chinese Stelleria Root
Ruxiang	乳香	<i>Olibanum</i>	Frankincense
Sanbaicao	三白草	<i>Herba seu Rhizoma Saururi</i>	Chinese Lizardtail Rhizome or Herb
Sanchaku	三叉苦	<i>Folium et Ramulus Evodiae</i>	Thin Evodia Twig and Leaf
Sanduijie	三对节	<i>Herba Clerodendri Serrati</i>	Serrate Glorybower Herb
Sanfensan	三分三	<i>Radix Anisodi Acutanguli</i>	Acutangular Anisodus Root
Sangbaipi	桑白皮	<i>Cortex Mori</i>	White Mulberry Root-bark
Sangjisheng	桑寄生	<i>Herba Taxilli</i>	Chinese Taxillus Twig
Sangpiaoxiao	桑螵蛸	<i>Ootheca Mantidis</i>	Mantis Egg-case
Sangshen	桑椹	<i>Fructus Mori</i>	Mulberry Fruit
Sangye	桑叶	<i>Folium Mori</i>	Mulberry Leaf
Sangzhi	桑枝	<i>Ramulus Mori</i>	Mulberry Twig
Sanjianshan	三尖杉	<i>Folium et Ramulus Cephalotaxi</i>	Fortune Plumyew Twig and Leaf
Sankezhen	三棵针	<i>Radix Berberidis</i>	Barberry Root
Sanleng	三棱	<i>Rhizoma Sparganii</i>	Common Burreed Rhizome
Sanqi	三七	<i>Radix Notoginseng</i>	Sanchi
Sanyeqing	三叶青	<i>Radix Tetrastigmatis Hemsleyani</i>	Hemsley Rockvine Root
Sanyewujia	三叶五加	<i>Radix Acanthopanax Trifoliati</i>	Trifoliate Acanthopanax Root
Shanbixie	山萆薢	<i>Rhizoma Dioscoreae Tokoro</i>	Mountain Yam Rhizome
Shancigu	山慈菇	<i>Bulbus Iphigeniae Indicae</i>	Indian Iphigenia Bulb
Shandayan	山大颜	<i>Folium Psychotriae Rubrae</i>	Red Psychotria Leaf
Shandougen	山豆根	<i>Radix Sophorae Tonkinensis</i>	Vietnamese Sophora Root
Shanglu	商陆	<i>Radix Phytolaccae</i>	Pokeberry Root
Shanju	山茱萸	<i>Caulis et Folium Piperis Hancei</i>	Hance Pepper Stem and Leaf
Shanlangdang	山茛菪	<i>Radix Anisodi Tangutici</i>	Tangut Anisodus Radix
Shanmu	杉木	<i>Lignum seu Ramulus Cunninghamiae Lanceolatae</i>	Chinese Fir Wood or twig

Shannai	山柰	<i>Rhizoma Kaempferiae</i>	Galanga Resurrectionlily Rhizome
Shanputao	山葡萄	<i>Caulis Ampelopsis Brevipedunculae</i>	Amur Ampelopsis Stem
Shanrougui	山肉桂	<i>Cortex Cinnamomi Bejolghotae</i>	Obtuseleaf Cinnamon Bark
Shantengtengyang	山藤藤秧	<i>Caulis Vitis Amurensis</i>	Amur Grape Stem
Shanyao	山药	<i>Rhizoma Dioscoreae</i>	Common Yam Rhizome / Wingde Yan Rhizome
Shanzha	山楂	<i>Fructus Crataegi</i>	Hawthorn Fruit
Shanzhima	山芝麻	<i>Radix Helicteris</i>	Narrowleaf Screwtree Root
Shanzhuyu	山茱萸	<i>Fructus Corni</i>	Common Macrocarpium Fruit
Shanzhuzi	山竹子	<i>Cortex Garciniae</i>	Garcinia Bark
Sharen	砂仁	<i>Fructus Amomi</i>	Villous Amomum Fruit / Cocklebur-like Amomum Fruit
Shatangmu	沙塘木	<i>Lignum Acronychiae</i>	Pedunculate Acronychia Wood
Shayuanzi	沙苑子	<i>Semen Astragali Complanati</i>	Flastern Milkvetch Seed
Shechuangzi	蛇床子	<i>Fructus Cnidii</i>	Common Cnidium Fruit
Shegan	射干	<i>Rhizoma Belamcandae</i>	Blackberrykiky Rhizome
Shemei	蛇莓	<i>Herba Duchesneae Indicae</i>	Indian Mockstrawberry Herb
Shengma	升麻	<i>Rhizoma Cimicifugae</i>	Large trifolious Bugbane Rhizome
Shenjincao	伸筋草	<i>Herba Lycopodii</i>	Common Clubmoss Herb
Shenjue	肾蕨	<i>Rhizoma Nephrolepis Cordifoliae</i>	Tuberous Sword Fern Rhizome
Shetui	蛇蛻	<i>Periostracum Serpentis</i>	Snake Slough
Shexiang	麝香	<i>Moschus</i>	Musk
Shicao	蒼草	<i>Herba Achilleae</i>	Alpine Yarrow Herb
Shichangpu	石菖蒲	<i>Rhizoma Acori Tatarinowii</i>	Grassleaf Sweetflag Rhizome
Shidi	柿蒂	<i>Calyx Kaki</i>	Persimmon Calyx and Receptacle
Shidiaobai	石刁柏	<i>Radix Asparagi Officinalis</i>	Official Asparagus Root
Shidiaolan	石吊兰	<i>Herba Lysionoti Pauciflori</i>	Fewflower Lysionotus Herb
Shigao	石膏	<i>Gypsum Fibrosum</i>	Gypsum
Shihu	石斛	<i>Herba Dendrobii</i>	Dendrobium
Shijianchuan	石见穿	<i>Herba Salviae Chinensis</i>	Chinese Sage Herb
Shijining	石芥苧	<i>Herba Moslae Scabrae</i>	Scabrous Mosla Herb
Shijueming	石决明	<i>Concha Haliotidis</i>	Sea-ear Shell
Shijunzi	使君子	<i>Fructus Quisqualis</i>	Rangoon creeper Fruit
Shiliupi	石榴皮	<i>Pericarpium Granati</i>	Pomegranate Rind

Shilongrui	石龙芮	<i>Herba Ranunculi Scelerati</i>	Poisonous Buttercup Herb
Shinanye	石南叶	<i>Folium Photiniae</i>	Chinese Photinia Leaf
Shishangbai	石上柏	<i>Herba Selaginellae Doederleinii</i>	Doederlein's Spikemoss Herb
Shisuan	石蒜	<i>Bulbus Lycoridis Radiatae</i>	Shorttube Lycoris Bulb
Shiwei	石韦	<i>Folium Pyrrosiae</i>	Pyrrosia Leaf
Shixiantao	石仙桃	<i>Herba Pholidotae Chinensis</i>	Chinese Pholidota Herb
Shufuchong	鼠妇虫	<i>Armadillidium</i>	Pillbug
Shuihonghuazi	水荭花子	<i>Fructus Polygoni Orientalis</i>	Prince's-feather Fruit
Shuilonggu	水龙骨	<i>Rhizoma Polypodioidis Nipponicae</i>	Japanese Polypody Rhizome
Shuiniujiao	水牛角	<i>Cornu Bubali</i>	Buffalo Horn
Shuitianqi	水田七	<i>Rhizoma Schizocapsae Plantagineae</i>	Lobedfruit Schizocapsa Rhizome
Shuiwugong	水蜈蚣	<i>Herba Kyllingae</i>	Shortleaf Kyllinga Herb
Shuixiancao	水线草	<i>Herba Hedyotidis Corymbosae</i>	Corymbose Hedyotis Herb
Shuiyangmei	水杨梅	<i>Fructus Adinae</i>	Thinleaf Adina Fruit
Shuizhi	水蛭	<i>Hirudo</i>	Leech
Shuliang	薯莨	<i>Rhizoma Dioscoreae Cirrhosae</i>	Shouliang Yam Rhizome
Shuqucao	鼠曲草	<i>Herba Gnaphalii Affinis</i>	Cudweed Herb
Sigualuo	丝瓜络	<i>Retinervus Luffae Fructus</i>	Towel Gourd Vegetable Sponge
Siguateng	丝瓜藤	<i>Ramulus Luffae</i>	Towel Gourd Stem
Sijiqing	四季青	<i>Folium Ilicis Purpureae</i>	Purpleflower Holly Leaf
Simianmu	丝绵木	<i>Herba Euonymi Bungeani</i>	Winterberry Euonymus Herb
Songhuafen	松花粉	<i>Pollen Pini</i>	Pine Pollen
Songluo	松萝	<i>Usnea</i>	Chinese Usnea
Songmao	松毛	<i>Folium Pini</i>	Pine Leaf
Songta	松塔	<i>Strobilus Pini</i>	Bunge Pine Cone
Songxiang	松香	<i>Colophonium</i>	Colophony
Suanjiao	酸角	<i>Fructus Tamarindi Indicae</i>	Tamarind Pulp
Suanpanzi	算盘子	<i>Herba Glochidii Puberi</i>	Puberulous Glochidion Herb
Suanzaoren	酸枣仁	<i>Semen Ziziphi Spinosae</i>	Spina Date Seed
Suimike	碎米棵	<i>Herba Myrsines Africanae</i>	African Myrsine Herb
Sumu	苏木	<i>Ligum Sappan</i>	Sappan Wood
Suoluozi	娑罗子	<i>Semen Aesculi</i>	Chinese Buckeye Seed / Wilson Buckeye Seed
Suosuoputao	索索葡萄	<i>Fructus Vitis Viniferae</i>	European Grape Fruit
Suoyang	锁阳	<i>Herba Cynomorii</i>	Songaria Cynomorium Herb
Suxinhua	素馨花	<i>Flos Jasmini</i>	Largeflower Jasmine Flower

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Herbasin Chinese herb database - Mulberry L

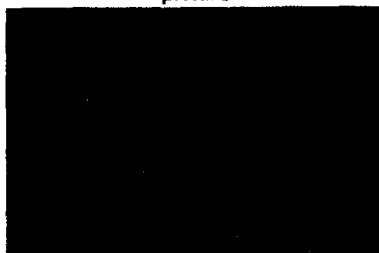
Latin Name

Folium Mori

Chinese Name

桑叶

picture



Origin

leaves

Distribution

China, Japan, Southeast Asia

Nature and Affinity

Bitter and sweet in taste; cold in nature and distributed to Lung and Liver Channels.

Caution



ACTIONS AND INDICATIONS

(Folium Mori)

1. Dispersing wind-heat from superficies

It is often combined with Flos Chrysanthemi, Fructus Forsythiae, Herba Semen Armeniacae Amarum, etc. and is used for treating cold due to wind-heat accompanied with headache and red eyes, or for wind-warm characterized by fever, cough, and so on.

2. Clearing away evil heat in the lung to arrest coughing

It is often combined with Semen Armeniacae Amarum, Bulbus Fritillariae Thunbergii, Radix Ophiopogonis, Gypsum Fibrosum, etc., for the treatment of cough and dryness of the throat due to invasion of the lung by dryness.

3. Dispelling liver-fire and brightening the eyes

For treating the blood-shot eyes with pain and swelling due to and attack of pathogenic wind-heat, it is often combined with Flos Chrysanthemi, Radix Uncariae cum Uncis, etc.; For treating blurred vision due to deficiency of liver and kidney, 500g of the drug and 150g of Semen Salsolae may be ground into powder and making them into pills mixed with honey pills can be taken for a long time.

Dispersing wind-heat from superficies; clearing away evil heat in the lung to arrest coughing; dispelling liver-fire and brightening the eyes.



ADMINISTRATION AND DOSAGE

5-9g are taken in decoction.



REMARKS

The root is used as an antitussive and expectorant in asthma, bronchitis and cough.

CHRONIC SINUSITIS AND BRONCHIAL ASTHMA (COLD-DAMPNESS IN THE LUNG)

Jean Yu

Santa Barbara College of Oriental Medicine, California, USA

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http://mededucation.bjmu.edu.cn/TCM/Chronic%20sinusitis%20and%20bronchial%20asthma.htm

Courtois, 70, female, white, single, retired. Medical record number: 894. Date of

first visit: November 9, 1987.

(Folium Mori)

CHIEF COMPLAINT: Coughing bouts for more than sixty years.

HISTORY OF PRESENT ILLNESS: The patient was diagnosed with bronchial asthma and had recurrent sinus infections. She complained of cough with copious white mucus. She had difficulty breathing when lying down and a tight chest. She had a runny nose with red eyes. She reported that she had cold and asthma attacks easily, normally following a common cold in the winter. She suffered from palpitation, from over-medication and from trouble going to sleep and awaking in the night as well as waking up with coughing bouts. She was taking the medications Proventrilo, Theodur, Prednisone and Thyroid. She complained of night sweats, poor hearing and ringing in the ears. She had cold hands and feet and caught cold easily. She did not complain of thirst but drank much water. Her appetite and energy were reported to be low. She had a chronic hiatal hernia. Her stools were dry and with a frequency of bowel movement at two to three times a day. She had frequent urination and woke up to urinate three to four times a night. She had slight edema in her ankles.

PAST HISTORY: Two months previously, the patient had a mastectomy followed by pneumonia. She had been diagnosed as having bronchial asthma at age nine.

INSPECTION OF TONGUE: Reddish body with a deep crack running down the center and white, thick coat and peeled fur.

PULSE CONDITION: Forceful, slippery and rapid (100/min) in all positions.

MODERN MEDICINE DIAGNOSIS: Chronic Bronchial Asthma; Chronic Sinusitis; Recovery from Surgery and Pneumonia.

TRADITIONAL CHINESE MEDICINE DIAGNOSIS: Cold and Dampness accumulated in the Lung; Qi and Yin Deficiency.

THERAPEUTIC PRINCIPLES: Tonify the Qi and Yin, dry Dampness, and soothe asthma.

PRESCRIPTION: Two doses—each dose taken six times daily. Radix

pseudostellariae, 9 gm; Fructus schisandrae, 6 gm; Radix ophiopogonis, 9 gm; Poria cocos, 12 gm; Rhizoma atractylodis macrocephalae, 9 gm; Semen armeniacae amarum, 9 gm; Cortex mori radices, 9 gm; Radix scutellariae, 9 gm; Folium eriobotryae, 9 gm; Semen raphani, 6 gm; and Radix glycyrrhizae, 6 gm.

FOLLOW-UP/COURSE OF TREATMENT:

Second consultation on November 17, 1987: the patient reported that her sinus infection had improved and there was less nasal mucus and pressure. The cough and amount of phlegm had decreased, but she still had tightness and mucus in the chest. Her energy was still low. Both her appetite and digestion were good. All other symptoms were unchanged. Her tongue was red and peeled and her pulse was wiry and rapid. It was determined that the formula was fairly effective and was modified to dispel the phlegm in the Lung more vigorously and to cool the Liver. Modification: three doses. Folium mori, 9 gm; Flos chrysanthemi, 9 gm; Radix ophiopogonis, 9 gm; Radix glehnia, 9 gm; Semen armeniacae amarum, 9 gm; Poria cocos, 12 gm; Cortex mori radices, 9 gm; Bulbus fritillariae cirrhosae, 9 gm; Pericarpium trichosanthes, 9 gm; and Radix glycyrrhizae, 6 gm.

Third consultation on November 23, 1987: The patient reported that the asthma had improved and phlegm had decreased. She was still coughing up white mucus in the morning. The patient's sinus infection had entirely cleared up. Her eyes were still red and she complained of palpitation. Her pulse was irregular and slippery and her tongue red on the sides and top and peeled.

DISCUSSION: The patient presented a large number of symptoms and as such was a complicated diagnostic case. In this case it was determined that the root and branch of the disorders be treated together. As the patient was recovering from surgery and pneumonia, it was important to nourish the Yin and Qi and to produce fluids in the body. At the same time, Dampness in the Lung system needed to be expelled. Radix glehnia nourishes the Yin and is an expectorant. Radix ophiopogonis and Fructus schisandrae also nourish the Yin. Radix ophiopogonis soothes the Lung and the Heart in addition. Fructus schisandrae nourishes Qi and nourishes the Lung and Kidney as well as produces fluids and astringes sweat. Semen armeniacae amarum and Folium eriobotryae are antiasthmatics and antitussives. Radix scutellariae and Semen raphani are antibacterial herbs with special effects on bacteria that invade the Lung. Poria and Rhizoma atractylodis macrocephalae tonify the Middle by drying or dispelling Dampness. Folium mori clears away Heat in the Liver and benefits the Lung. Obviously, this patient will need long-term nourishment of both her Qi and Yin as well as pacification of the spirit in subsequent treatments.

(Collator: Brock Haines).



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Resources For Patients, Practitioners & Students

<http://acupuncture.com/research/eczema.htm>

TCM Treatment of Pediatric Eczema

translated by Bob Flaws, Dipl. Ac., Dipl. C.H., FNAAOM

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(Folium Mori)

Chinese Reports on the Treatment of Various Dermatological Conditions

"The Treatment of Pediatric Eczema with Shu Feng Qu Shi Tang (Course Wind, Eliminate Dampness Decoction)" by Zhan Nai-jun, Zhe Jiang Zhong Yi Za Zhi (Zhejiang Journal of Traditional Chinese Medicine), #6, 1994, p. 262.

The author of this article has used Shu Feng Qu Shi Tang in the treatment of 36 cases of pediatric eczema (shi zhen) with entirely good results. Of the 36 cases, 22 were boys and 14 were girls. The course of disease had lasted from as long as one month to as short as one week with an average duration of 10 days. Eleven cases also had cough and panting (i.e., asthma), diarrhea, and other such diseases.

Shu Feng Qu Shi Tang consisted of: Caulis Lonicerae Japonicae (Ren Dong Teng), 9g, stir-fried Radix Scutellariae Baicalensis (Dan Qin), Periostracum Cicadae (Chan Yi), stir-fried Fructus Citri Seu Ponciri (Zhi Ke), and Pericarpium Citri Reticulatae (Chen Pi), 2g @, processed Bambyx Batryticatus (Jiang Can) and Cortex Radicis Dictamni (Bai Xian Pi), 6g @, stir-fried Rhizoma Atractylodis Macrocephalae (Bai Zhu), stir-fried Rhizoma Atractylodis (Cang Zhu), and Herba Agastachis Seu Pogostemmi (Huo Xiang), 5g @. If heat was heavy, Cortex Gardeniae Jasminodis (Zhi Zi Pi) and Rhizoma Imperatae Cylindrica (Bai Mao Gen) were added. If wind was severe, Radix Ledebouriellae Sesloidis (Fang Feng) and Folium Mori Albi (Sang Ye) were added. If dampness was severe, Semen Coicis Lachryma-jobi (Mi Ren) was added. And if the bowel movements were rough or coarse with foul smelling flatulence, carbonized Fructus Crataegi (Shan Zha Tan) was added.

Of the 36 cases, 34 were completely cured after taking the above medicinals internally for one week. The other two patients were cured after taking it for half a month.

Case history: Girl, 5.5 months old. Eczema had broke out half a month previously. Originally it had been on the head and face but had spread to the four limbs. Her spirit was vexed and her sleep was restless. When the lesions were scratched, a fatty water flowed. Her appetite was good, her stools were dry, there was smelly flatulence, yellowish urine, a white, slimy tongue coating, and her fingernails were pale purplish. In order to course wind and eliminate dampness aided by leveling the

liver, she was given the basic formula minus Rhizoma Atractylodis (Cang Zhu) and Pericarpium Citri Reticulatae (Chen Pi) but with Flos Chrysanthemi Morifolii (Gan Ju), 6g, Fructus Tribuli Terrestris (Bai Ji Li), 9g, Folium Lophatheri Gracilis (Dan Zhu Ye), 5g, and Medulla Junci Effusi (Chen Deng Xin), 2 bundles. The child was given 3 ji.

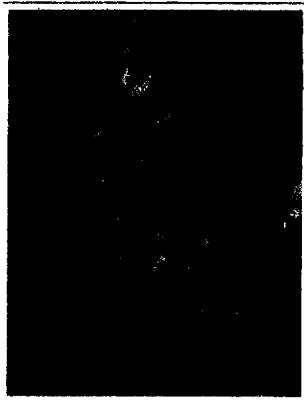
On the return examination after taking the above medicinals, the lesions on the head and face were still apparent but the itching sensation was markedly diminished. At night, her sleep was more restful, her appetite was good, and her stools were loosish one to two times per day. At this time, her tongue coating was thin and slimy. Therefore, Rhizoma Atractylodis, Pericarpium Citri Reticulatae, and Pericarpium Cicadae were removed from the basic formula and stir-fried Semen Coicis Lachryma-jobi (Mi Ren), stir-fried Fructus Germinatus Oryzae Sativae (Gu Ya), Sclerotium Poriae Cocos (Fu Ling), and stir-fried Semen Dolichos Lablabis (Bian Dou), 9g @, and Fructus Kochiae Scopariae (Di Fu Zi), 6g, were added in order to strengthen the fortifying of the spleen and transforming of the dampness. After 4 ji of the above formula, the eczema was cured.

According to the author, this disease is known as milk tinea (nai xuan) in TCM. Usually it is due to fetal fire and damp heat. Internally, it is caused by damp heat internally smoldering, while externally it is due to wind evils externally invading. Thus wind and dampness become depressed in the flesh and exterior causing the onset of this disease. Because children's spleens are normally insufficient, it is not appropriate to use too many bitter, cold ingredients. Rather one should mainly use sweet, cold ones. In this formula, Caulis Lonicerae and a small amount of Scutellaria are the main medicinals for clearing wind, damp, and heat evils. Folium Mori and Pericarpium Cicadae course the wind and clear heat. Bombyx Batryticatus and Dictamnus eliminate wind dampness and stop itching. Orange Peel and Agastaches aromatically and fragrantly arouse the stomach and eliminate dampness. While the two Atractylodes and Citrus Seu Poncirus transport the spleen, rectify the qi, and eliminate dampness at its root. When wind evils are coursed and damp heat eliminated, there are the results.

Cortex
Mori
Radicis

Produced in most areas of the country. Dug in winter. Peeled, cleaned, cut into pieces and dried in the sun. Rawly used or candied.

Push these
pictures



Magnified picture
323x366 15.4k



Magnified picture
283x406 12.1k

INDEX

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URTICARIA(PEILEI)

Zhang Zhili

Beijing Traditional Chinese Medicine Hospital, Beijing

<http://mededucation.bjmu.edu.cn/tcm/urticaria.htm> [Close Window]

Gu, 40, female, Hui nationality, married, technician. Medical record number: 834263. Date

of first consultation: July 10, 1986.

(Cortex Mori)

CHIEF COMPLAINT: Rubella all over body for 14 years, aggravated recently.

HISTORY OF PRESENT ILLNESS: Fourteen years prior to consultation, the patient felt itchiness all over the body with appearance of large red areas on the skin, some of them elevated. These episodes occurred on and off during the past years and became more frequent during spring and autumn, especially on cloudy or rainy days. Ten days ago, the patient experienced the same condition and the itchiness aggravated with lesions spreading all over the body. This condition was accompanied by abdominal pain and dry stool.

PAST HISTORY: Denied having parasitic and allergic diseases.

PERTINENT PHYSICAL EXAMINATION & LABORATORY FINDINGS: Red or elevated skin lesions all over the extremities and trunk. Of various sizes, from as small as the finger tip to as large as a coin, irregular in shape. In some locations, the lesions were in fusion and occupied a large area. Skin scratch test positive; leukocyte count $7,200/\text{mm}^3$. Stool examination for parasite ovum negative.

INSPECTION OF TONGUE: Slightly red tongue with white fur.

PULSE CONDITION: Deep, thready and fast pulse.

MODERN MEDICINE DIAGNOSIS: Acute Attack of Chronic Urticaria.

TRADITIONAL CHINESE MEDICINE DIAGNOSIS: Peilei.

Symptom-complex differentiation: Internal Heat caused by deficiency of the Blood, vulnerability of tendon-muscle attacked by pathogenic Wind factor.

THERAPEUTIC PRINCIPLES: Refresh the Blood, dispel the Wind and eliminate the Heat.

PRESCRIPTION: Modified Xia Xue Xiao Feng Powder. Radix angelicae sinensis, 10 gm; Radix rehmanniae, 30gm; Herba schizonepetae, 10 gm; Radix ledebouriellae, 10 gm; Radix sophorae flavescentis, 15 gm; Fructus tribuli, 15 gm; Cortex dictamni radices, 15 gm; Cortex mori radices, 15 gm; Periostracum, 5 gm; Cicadae, 10 gm; Herba spirodelae, 10 gm; Cortex moutan radices. 10 gm; and Rhizoma anemarrhenae, 10 gm. Seven doses.

FOLLOW-UP/COURSE OF TREATMENT:

Second consultation of July 17, 1986: The patient reported that the itch had been alleviated, rubella lesions got smaller and she could sleep well at night. She complained of feeble and heavy limbs. Tongue proper light red with white fur. Pulse string-like and slippery. Continued to treat using the principle of refreshing the Blood, dispelling the Wind and eliminating the Dampness. The prescription was composed of Radix angelicae sinensis, 10 gm; Caulis polygoni multiflori, 15 gm; Radix paeoniae alba, 10 gm; Radix rehmanniae, 15 gm; Cortex moutan radicis, 10 gm; Fructus tribulli, 15 gm; Radix ledebouriellae, 10 gm; Cortex mori radicis, 10 gm; Herba spirodelae, 10 gm; Semen coicis, 15 gm; Semen plantaginis, 15 gm; and Cortex benincasae, 15 gm. Seven doses.

Third consultation on July 24, 1986: The rubella had disappeared and no new lesions appeared since. The patient felt well and was given five doses of the same prescription to regulate the symptom-complex. She wrote to the clinic in May of 1987 to express her gratitude for a speedy recovery using only 20 doses to cure a protracted disease of 14-year duration. There has not been relapse.

DISCUSSION: Urticaria, known as Peilei or Feng Chen Yan in traditional Chinese medicine, is an allergic skin disease which often occurs because it is difficult to find the allergen. Traditional Chinese medicine regards it to be caused by unstable emotions or unusual diet which results in imbalance between the Yin and Yang, dysfunction of the Qi, vulnerability of the Qi and tendon-muscles attacked by pathogenic Wind. The disease can be divided into following types: Wind-Heat, Wind-Cold, Heat and deficiency of Blood and attack by Wind pathogenic factor. Accordingly, the patient was given Radix angelicae sinensis, Radix rehmanniae and Fructus tribulli to refresh the Blood; Cortex mori radicis, Cortex moutan radicis and Rhizoma anemarrhenae to eliminate the Heat in the Blood; Cortex dictamni radicis and Radix sophorae flavescentis to eliminate the Heat and Dampness; Radix ledebouriellae, Herba schizonepetae, Periostracum, Cicadae and Herba spirodalae to dispel the Wind and eliminate the Heat. All these herbs are capable of dispelling the Wind and eliminating the Heat from the Blood. At the second consultation, Heat symptoms had been alleviated, but the patient showed symptoms due to the presence of pathogenic Dampness, i.e., heavy limbs, so Cortex benincasae, Semen plantaginis and Semen coicis were added to the prescription. Seven more decoctions were administered to make the rubella disappear. The patient took a total of 19 decoctions and was cured. There was no relapse in the following six months.